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Baking substitutions for allergies

Eggs

Eggs are used in baking for two reasons. One is to bind, or hold, ingredients together. The other is leavening, which means to make baked goods rise. When eggs must be avoided, a substitute that achieves these two functions must be found.

Here are some commonly-used substitutes for 1 egg:

- Ener G Egg Replacer (ENERG-G Foods, Inc.)
- 1 ½ tsp + 1 tbsp of water
- ½ tsp baking powder + 1 tbsp liquid + 1 tbsp vinegar
- 1 tsp yeast dissolved in ¼ c warm water
- 1 tbsp apricot puree
- 1 ½ tbsp water + 1 ½ tbsp oil + 1 tsp baking powder
- 1 packet plain gelatin + 2 tbsp warm water (Do not mix until ready to use)
- 3 tbsp pureed apple
- 1 medium banana
- 1 tbsp milled flaxseed + 3 tbsp water (Let sit for 2-3 minutes)

These egg substitutes work best when substituting for 3 eggs or less in a recipe.

Milk

Milk is one of the easiest ingredients to substitute when baking. If a recipe calls for 1 cup of milk, you can use 1 cup of the following:

- Water
- Soy milk
- Rice milk
- Fruit juice
- Broth



When baking with a milk substitute, the recipe may come out a slightly different texture and/or color. For example, soy milk may make a baked good appear darker.

Butter

Use 1 cup casein-free margarine or 7/8 cup vegetable oil for 1 cup butter.

Wheat

When baking with wheat-free flours, a combination of flours usually works best. Experiment with different blends to find one that will give you the texture you are trying to achieve.

Try substituting 1 cup wheat flour with one of the following:

- 7/8 cup rice flour
- 5/8 cup potato starch flour
- 1 cup soy flour plus 1/4 cup potato starch flour
- 1 cup corn flour

Sources: The Food Allergy and Anaphylaxis Network 2005; Krause's Food, Nutrition, and Diet Therapy 11th ed. 2004.

Designed by Hy-Vee dietitians.